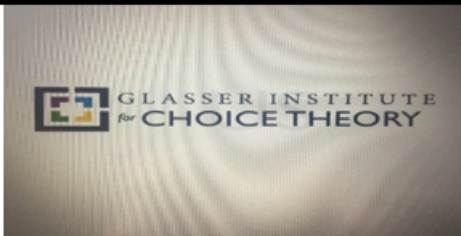




A message from the President



March 1, 2024



Harmony Unleashed: WGI Conference 2024 July 3 – July 6

Have you registered? Early bird fees end May 31st

Have you reserved your room at the Palmer Hotel?

Go to www.wglasser.com to find the information needed to do both!

See you in Chicago!!!

Greetings All,

How time does fly! It seems as if we were just celebrating the new year and now the beginning of spring is nearly here. I live in the center of the US. We have experienced record-breaking cold and record-breaking highs during this time. The normal predictability of the winter season has “gone out the window” as the saying goes.

Join me for a simple example of how Choice Theory is used in our daily lives.

It's easy to let the unpredictability of the weather impact our lives! What type of coat or jacket or perhaps none do I need for the morning? Will my drive to work be icy or clear? Do I plan for the family to get together for the club house or do I reserve the park for a picnic? And so on.

With such uncertainty about our daily circumstances, it's easy to allow our feelings to be overwhelmed, to feel out of control of our lives. Feeling out of control in one area often leads to feeling out of control in other areas of our lives.

But wait! We know Choice Theory! We know we choose what we think and do. We have a choice with these decisions. Though we may go down this path for a short while if at all, we stop. We start to analyze what we know about the weather and how to make decisions to provide for weather needs. Weather reports are a click away so the information we need to make decisions is readily available. We use this information to make the decisions we need for choosing the appropriate clothing for the next day. We adjust the time needed to get to work depending on the condition of the roads. Our lives now feel in control as we have used our thinking and acting to steer our car. We are doing what Dr. Glasser taught us!

It's relatively easy to remember Dr. Glasser's teaching with something as simple as this example. But when it comes to those times that our lives feel out of control, it may seem more difficult to do so. My head feels as if it will explode with this headache. My neck feels so tight! My stomach is so upset! I feel overwhelmed! No decision seems good! I can't do anything about this! And so on!

We've all been there. BUT do we stay there? With the knowledge of Choice Theory, we know we can take steps to address whatever the issue is. It may not immediately resolve itself, but we are choosing to think and to act to address the issue. It's often not easy to do, but we are now gaining the freedom of understanding we are not controlled by circumstances outside of our control. We are choosing the way we drive our car down our road of life!

Happy Choices,

Sharon Carder-Jackson
GIFCT-US

Executive Director's Report

Brian Patterson

In *Protecting Your Mental Health* from the US Surgeon General

(In Jeffrey Gitomer's book, *The Little Book of Leadership*, he writes, "Every one of those 'legacy' people,' and thousands more just like them, worked hard until the last minute of their last day. Be one of those people.")

This really resonates with me. I am not done. I still have a lot to offer the world. Choice Theory isn't everywhere yet!

My brother died January 10 at the age of 90. (He was much older than me!) His nurses, attendants, and staff cried when they heard the news. Even his dental hygienist was sobbing when she was told of his passing. She said that whenever her hands weren't in his mouth, he was singing. He was always singing. He brought joy to everyone he came in contact with. His treatment of others left a legacy.) there are some salient points that I would like for us to focus on.

1. Create positive, safe, and affirming school environments.
2. Expand social and emotional learning programs and other evidence-based approaches that promote healthy development.
3. Learn how to recognize signs of changes in mental and physical health among students, including trauma and behavior changes. Take appropriate action when needed.
4. Provide a continuum of supports to meet student mental health needs, including evidence-based prevention practices and trauma-informed mental health care.
5. Expand the school-based mental health workforce.
6. Support the mental health of all school personnel.

This was published in post-pandemic 2021 and the situation for students in schools has not improved. In what we Glasserians know about mental health, we have the answers! We can help! I have found that very few people even know that we exist. Some have heard of Choice Theory but have no clue as to what it is about.

I would like to propose a social media grassroots campaign. If you have a Facebook account or something similar and we created a post twice a month, would you disseminate it to your list? That way thousands of people would be receiving Choice Theory information from one of their friends. If you would be willing to do so, email me at brian@wglasser.com. If the post does not fit you and you don't want to post one particular edition, that is OK. It is up to you. If you are interested in writing some of these, let me know that, too! Your help is certainly appreciated!



WGI and GIFCT-US are excited to announce information for the upcoming 2024 Global Conference.

Conference Information:

WGI International Board meeting:	Sunday June 30, 2024 through July 3, 2024.
GIFCT-US Board meeting:	Tuesday, July 2-Wednesday, July 3, 2024
Conference opening night:	Wednesday, July 3, 2023 6 pm-10 pm.
Conference sessions start:	Thursday-Saturday, July 4-6, 2024.
Conference closing ceremony:	Saturday, July 6, 2024. 6 pm.
Faculty Day:	Sunday, July 7, 2024

Location: Palmer House A Hiton Hotel, Chicago, IL.

Training: Prior to the conference. Information coming soon.

Hotel information: Registration site for the host hotel:

WGI and GIFCT-US Global 2024 Conference Hotel Information:

Palmer House
17 W. Monroe St.
Chicago, IL 60603

Link to our registration: <https://book.passkey.com/go/WilliamGlasserConference>

REGISTER NOW

Upcoming Events & Courses

Difficult Discussions in Diversity

March 16th - 2PM EST

The Difficult Discussions in Diversity calls are moderated by Gloria Cissé, who is a Glasser Scholar. These calls do not have titles, but listen to a few of them to get a sense of how powerful these conversations can be. These calls are held on the 3rd Saturday of the month.

<https://wgi-s-school.thinkific.com/courses/diversity>



Greet the Week



March 4th - Unity of Diversity
March 11th - Bringing it All Together
March 18th - Flexibility of Change
March 25th - Questions and Reflections

Mondays - 1800 UTC (1:00 pm Central)

<https://wgi-s-school.thinkific.com/courses/greet-the-week>

Making Sense of It

March 6th - School Violence Prevention with Dave Hancock
March 13th - Professional Development: Consulting With Faculty & Administration Dave Hancock
March 20th - A Surprise from Wendall - Wendall Walker
March 27th - A Rich and Satisfying Life – with Robert J. Martin

Wednesdays at 8 am PDT//9 am MDT/10 am CDT/11 am EDT
<https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>



Glasser Quality School Forum

March 28th - 5pm EST



<https://wgi-s-school.thinkific.com/courses/GQS>

Research Committee Meeting

March 22nd - 3pm EST



<https://wgi-s-school.thinkific.com/courses/research-symposium>

Online Basic Training

Sign Up

Living Life with Choice Theory

There are 10 scenarios included in this course, each one depicting a different troubling situation. The slides then take you through the thought process of identifying your thoughts, feelings and actions. You are then asked to evaluate whether the actions are helping the character to get what they really want. Several concepts of Choice Theory are then introduced, which result in giving the character various options to move forward.



<https://wgi-s-school.thinkific.com/courses/living-life-with-choice-theory>

Glasser Class Meetings

Course includes 37 topics to:

- * initiate discussions to be better connected with your students.
- * help students to be more responsible for their own behavior.
- * teach students to become more tolerant of others.

NEW COURSE!



www.wglasser.com

<https://wgi-s-school.thinkific.com/courses/glasser-class-meetings>

LEARNING
NEVER
ENDS



Take Charge of Your Life

This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*.



It's time to put yourself
back in the driver's seat!

Join us to learn:

- * Why you do what you do
- * How to stop letting people control you
- * What really matters to you
- * Letting people who control you
- * How to create a meaningful, fulfilling, & happy life!

Apply the universal system for empowering yourself
and improving your relationships with others.

<https://wglasser.com/tcoyl>

Reality Therapy Corner



Join us at the Reality Therapy Corner (RT Corner) for conversations exploring the full richness of the practice of Reality Therapy and so much more. These informal discussions can benefit anyone in a helping relationship. See you the 4th Tuesday of each month at 12 noon Eastern Time.

Please sign up for the course here:

<https://wgi-s-school.thinkific.com/courses/reality-therapy-corner>

Upcoming Trainings

Basic Training

March 22-24, 2024

Virtual with Brian Patterson

March 25-27, 2024

Virtual with Judith Klefman

April 10-May 30, 2024

Zoom, in 3-hour weekly sessions
with Kim Olver

April 12-14, 2024

Virtual with Judith Klefman

May 19-21, 2024

Virtual with Judith Klefman

Advanced Training

March 22-24, 2024

Virtual with Brian Patterson

For more information & to register for trainings
<https://wglasser.com/events/training-certification/>